



Arizona State Veteran Home

At Your Leisure *November 2008*



Editor

Candy Covarrubiaz

Resident of the Month

With much enthusiasm, we are pleased to introduce you to Ruth Irene Jordan as November's Resident of the Month! Ruth has brought much light and sunshine onto the Flagtown C2 Unit. She loves to come to activities at the home and especially enjoys musical concerts! Her favorite song is, "You'll never know how much I love you." Ruth's father played the guitar and all of her family loves to sing. Ruth is no exception and has enjoyed music throughout her life.

Growing up, Ruth's family did a lot together in Salinas, California. They played baseball against the neighbors in the lot across the street. Ruth recalls being the pitcher and that, "my Father always made us play," but this created a memory of togetherness not to be forgotten. Cooking and baking a variety of foods has always been an interest for Ruth. She loves making tamales and learned this skill along with her five sisters.



Ruth states she, "always wanted to be a nurse," so after high school, she took the opportunity and graduated from nursing school in San Francisco. Being very traditional in views Ruth's father didn't believe in girls going to school. However, Ruth managed to change his mind after one incident. Her father was a foreman for a sugar company and was stacking 100-pound sugar sacks when he took a bad fall, incurring some injuries. Ruth was able to care for him and assist him in becoming well again, using her skills as a nurse.

Ruth's brother Manual Nevarez served in the military during WWII. Ruth explains that he was a Japanese prisoner of war. She is very pleased with him for being willing to serve our country. Both Ruth's husband George, and her sister's husband served in the military. Patriotism is a big part of their lives.

Some of Ruth's hobbies include walking in the neighborhood. She once had a black and white poodle that she loved to walk with. Also, reading is a favorite hobby. Ruth has a talent for making friends easily and looking for the good in life. She married George Jordan during WWII and they have been together for sixty-four years!

Ruth has three daughters including twins! Also, they adopted one of their foster children a son. She loves to travel and explore new places. Ruth has lived in five different states and also traveled to Australia, New Zealand, Scotland, Hong Kong, Singapore, Mexico, Canada, and about half of the United States including Hawaii and Alaska. We are glad she's landed here at the Arizona State Veteran Home and are pleased to call her Resident of the Month!

Article Written By: Kirsten Witbeck

Inside this issue:

<i>Social Services/ Family Council</i>	2
<i>Volunteer Spotlight/ Volunteer Information</i>	3
<i>Thank You to our Volunteers</i>	4
<i>Donations/Highlights from the Therapeutic Program</i>	5
<i>Calendar of Events</i>	6
<i>Residents Birthdays/ Wish List/ Taps</i>	7
<i>VFW Employee and Volunteer of the Year</i>	8
<i>Farewells / New Employees</i>	9
<i>Veterans Day</i>	10
<i>Young Marines/ Retirees in The News</i>	11



Family Council

We would like to invite our residents family members to attend our Family Council Meetings. They are held every Third Saturday of the month at 10:00 A.M. in the Training Center. If you are a family member that is not receiving our monthly Family Council Letter, Please let us know so that we can add you to the list. Feel free to contact us if you have any questions.

For information contact:

Clark Doan

Chairman

480-516-7525 cdooo@yahoo.com

To be added to the list contact :

Candy Covarrubiaz

602-351-6879

ccovarrubiaz@azdvs.gov

Social Services Department



It's Voting Time!!

Tuesday November 4th 2008

Please notice that any residents wishing to vote this year must show two forms of identification. Family members with I.D. that their loved one could use to vote are encouraged to bring it to social services.



Attention!!!

Any family members that take residents to, and schedule your own appt., please make sure you let the nurses and unit secretary know so they can carry out all orders coming from the Physician before they go to their appointment, we must have written, pre-procedure notes from the doctor's office. If you do not communicate this information to the nurses, they will not know what kind of preparations are needed prior to their appointment. In addition, all residents returning from the doctor, must have accompanying paperwork with them.

Thank you for your cooperation.

Dress Down Fridays

Nov. 7th Favorite NASCAR Driver

Nov. 14th Patriotic Day



Nov. 21st Favorite Football Team

Nov. 28th Pilgrim or Indian for Thanksgiving

Financial Services

Financial Services Staff are available Mon-Fri 8 a.m. to 5 p.m.

to discuss any questions or concerns you may have regarding

billing, insurance, ALTCS (Arizona Long Term Care), etc.

Please feel free to stop by or call

Kim 602-512-249, Deb 602-512-2948 or Michelle 602-248-2954



Volunteer Spotlight



This month we are honoring our Volunteer Pets and their Handlers. This group is extremely dedicated to the Veterans. Being a Pet Handler requires one to give their dog or horse a bath prior to coming into the home for each visit. For some of our handlers and their animals, this means giving or getting a bath weekly. Some might question if all this effort is really worth it. If you ever watched these animals in action you would see the amazing impact they have in the lives of our residents. Animals have a way of touching our hearts, making us smile and helping us forget our pains.

Common scenarios include residents coming out of their rooms when they hear their favorite pet is in the building who otherwise have a tendency to stay in their room; Others who don't connect with people, slowly form a bond with one of the dogs and before long begin to form a bond with the handler; People with dementia who rarely interact with the outside world, suddenly smile and reach out to pet an animal. Animals are able to build a bridge between themselves and our residents when human efforts to connect have failed. Our Animal Handlers and their pets help to make the Arizona State Veteran Home a real home in every sense of the word. A warm thank you is extended to:

Laura Blank and Juliet and Lizzie

Dennis Carpenter and Claire

Carmolette Cluff and Jasmine

Mona Constance and Zach

Phyllis Crippen and Jezi

Diane Elliott and Riley

Gary Gilbert and Claire

Maureen Hawkins and Jessie

Susan Hulton and Toby

Ron Stephens and Samantha

Rob & Sherry Taylor and Goldie

Judie Walter and Anya

Linda Zvara and Sampson

Volunteer Information

Tuesday Nov. 11th: Veterans Day Parade and Barbecue 9:00 am to 1:00 pm. We always need volunteers to help push residents over to the parade on 7th street.

Thanksgiving - Thursday Nov. 27th: Help serve a thanksgiving meal to the Veterans between 11:00 am and 1:00 pm. This is the best way I know to get in the "mood of gratitude".

Thank you to all of you for being a special part of the Arizona State Veteran Home. Please give me a call if you can make any of these events.

Leslie Goin

Manager of Therapeutic Programs

Arizona State Veteran Home

4141 N. 3rd Street

Phoenix, AZ 85031

602-248-1575



Thank You To All Our Wonderful Volunteers

Hannah Adelman
Phil Adelman
Maha Al Duhi
Chances Abson
John Anderson
Emad Avazpour
Margaret Balon
Joyce Beaty
Shannon Benvenuto
Greg Bizzozero
"Butch" Bonnee
Phil Buggy
Norma Butler
Michael Bryant
Henry Brown
Sammy Brunwasser
Michael Carbajal
Dennis Carpenter
Steven Coger
Romona Colon
Keith Collier
Dick Collins
Mona Constance
Victor Contreras
Sue Cornwell
Danielle Corral
Carroll Clarence
Carmollette Cluff
Lucy Costner
Phyllis Crippen
Judy Detorie
Jauna DaLey
Rita Zachman
Linda Zvara
Ben Koval
Deena Lager
Geoffrey Lichtenberger
Juarbe Family
Harland Keppel

Chris Dion
Ann Dion
Becca DeBusk
Amber Day
Arnold Eggers
Pat Eggers
Diane Elliot
Travis Fidel
Marie Elizabeth-Finamore
Lori Floyd
Jared Floyd
Irma Fuchs
Jerry Fuchs
Gabe Forsberg
Francisca Gallardo
Tom Gardner
Gary Gilbert
Susie Goens
Maureen Hawkins
Gretchen Helwig
Carol Holmes
Gene Holmes
David Hopkins
Barbara Howard
Carol Hughes
Susan Hulton
David Johnson
Cindy Jordan
Mary Ann Palmer
Harold Parish
Marie Parish
Anita Pederson
Heather Rick
Oli Rodriguez
Lionel Sanchez
Blake Senn
Tim Serey
Joe Shaughnessy
Tony Ojeda

Mel Linberg
Leon Littleton
Richard Lopez
Dena Lozoya
Donna Lindquist
Tom Mansfield
Cruz Marquez
James Masciangelo
Tony Miglionico
Mary Milburn
Don Milburn
Tom Minichiello
Ashley Monzon
Dick Moore
Jeannie McClane
Doris McCrossin
James McElwee
Terri Mora
Robin Morris
Jessica Mullen
Cheryl Nichta
Roy Olson
Paula Ojeda
Eileen Szychonski
Bill Talcott
Rob Taylor
Sherry Taylor
Barbara Thomas
Les Thomas
Kathy Tousek
Turney Tuggle
Judie Walter
Loretta Wiltse
Rima Woo
Heather Wright
Matthew Wright
Tereasa Wright and family
Dan Straight
Michael Snell

Kari Sherman
Rufus Short
John Sims
Sara Skalniak
Frank Smith
Ron Stephens
Arizona Army National Guard
American Legion Riders
American Legion Post 1
American Legion Post 27
American Legion Post 29
American Legion Post 35
American Legion Post 44
American Legion Post 91
American Legion Post 105
Boys Hope Girls Hope Arizona
Cooties – VFW Post 9400
Have Thumbs Will Travel
Hospice of the Valley
Jewish War Veterans
Military Order of the Purple
HeartThe Retired Enlisted Association Chapter 34
Ray Harvey MOH Chapter, Korean War Veterans Association
Knights of Columbus
Krugenkraut Band
Legion of Mary
Orchid Society of Arizona
Purple Hearts
Phoenix Art Museum
Salvation Army
SAMS – Scottish American Military Society Post 48
Sun City Elks
Tempe Boys and Girls Club
Veterans of Foreign Wars of the United States, Department of Arizona
Vietnam Veterans Of America – Arizona Chapter
If your name is not on this list, please contact Leslie Goin with Volunteer Services to get registered today!





Highlights from the Therapeutic Department

Now that the cooler weather has arrived, the residents are busy going on trips in the community. The Therapeutic Programs Department has at least 3 trips scheduled every week. We would like to thank the following organizations that are hosting lunches or dinners at their facilities for our Veterans this fall: American Legion #1; #27; #29; #44; #105; Elks #2559; and #2729; VFW #9400.

We also want to thank the following groups for coming in this fall to host meals or barbecues: American Legion Post #91, the Ray Harvey MOH Chapter of the Korean War Veterans, VFW Post # 7507, and the American Legion Riders.

LEX...A TRUE WAR HERO

Sunday Nov. 9 at 2:00 pm the Arizona State Veteran Home will be hosting a reception for Lex, a former Military Working Dog. Lex was a bomb sniffing dog deployed to Iraq in the war zone. Lex and his handler, Marine Corporal Dustin Lee were at their base in Karmah, Iraq on March 21, 2007, when a 73 millimeter rocket exploded nearby. Shrapnel hit Dustin in the chest, he died within the hour. While they were waiting for the airlift to a nearby treatment facility, Lex refused to leave his master despite his own shrapnel wounds. Lex was practically on top of Dustin protecting him. Lex was flown to a veterinary facility at camp Lejeune, North Carolina and ten days later, at Dustin's mother's request, Lex was brought to Mississippi to attend Dustin's funeral. Dustin's family wanted to adopt Lex, but the dog still had two years of "active duty" to serve. Through the help of Representative Walter B. Jones, D-NC, nine months after Dustin was killed Lex was officially given to the Lee family in a special ceremony at Dustin's old Marine Corps base in Georgia. Please join us at this special reception to honor Lex and the Lee family who as parents gave the ultimate gift of their son for our country.

Donations

A SPECIAL THANKS TO THOSE WHO MADE DONATIONS TO OUR HOME LAST MONTH:

Armed Forces Veterans Homes Foundation
 Ted Cunningham
 Kellis – Draper American Legion Auxiliary Unit #12
 Ernest A. Love American Legion Auxiliary Unit # 6
 BPOE – Elks#2559
 Bill Reed – Purple Hearts #691
 The Hopf Family
 American Legion Post 27
 American Legion Post 29
 American Legion Post 35
 American Legion Post 105
 American Legion Auxiliary - Sipe-Peterson Unit 44

Margaret Warner Wood Tent #1 AZ: Daughters of Union Veterans of the Civil War
 National Association of State Veterans Homes
 Orchid Society of Arizona
 Showline Promotional Products
 Sun City Elks
 Salvation Army
 Veterans of Foreign Wars of the United States; Department of Arizona
 Veterans of Foreign Wars #9400
 In Memory of Arnett Newton from the Employees of the Oxford Life Insurance Company
 American Legion Post 44





November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
This is a list of Special Events. Be sure to check each units Calendar for a full listing of Recreational and Music Therapy Groups.						
						1 VFW Chicken Barbecue 11:30am
2 Ice Cream Social w/ the 104th Division-Headquarters Unit w/ the Army Reserve	3 Waffle Breakfast w/ Hospice Inspiris 	4 Shopping trip to Wal-Mart 	5 Sun City Elks Dinner Outing 	6 Arizona Opera Outing 	7 Leon Littleton-Concert 10am NASCAR truck races courtesy VFW Fish Fry Dinner at Elks #2729 	8 Luncheon Outing at Local Restaurant
9 Reception for Lex, "A True War Hero" a military working dog at 2:00pm	10 American Legion Post #44 Sing -A-Long 	11 Veterans Day Parade 11am See page 9 for more Info 	12 Elks Sponsored Re-creation dance production 3:15pm National Guard casino night 6:15pm 	13 Sight Seeing Bus Trip Poker Night 6:15 pm 	14 Todd Hagen & Mary Stuart pre-lunch concerts Fish Fry outing to American Legion Post # 29	15 Family Council Meeting 10am (Training Center) Volunteer Orientation - 10:00 am; Cub Scouts Pack 226 dinner social
16 Ice Cream Social 2 pm 	17 American Legion Late Night Bingo: 7 pm 	18 American Legion Post 27, luncheon and bingo outing 	19 Food Committee Meeting 2 pm 	20 Sight Seeing Bus Trip 	21 Ken Walker and Dave Swaim, pre-lunch concerts Fish Fry Outing to VFW Post #9400	22 Photography class sponsored by Tempe Boys and Girls club
23 Sunday Morning Brunch 10:00 am	24 Phoenix Art Museum: 10 am 	25 Quarterly Memorial Service 10 am Bowling Tournament ASVH VS VAMC - 2 pm 	26 An additional Bingo this week - 2 pm 	27 Thanksgiving Buffet: 11:30 Happy Thanksgiving! 	28 Fish Fry Outing to American Legion #105 Harold Rifer pre-lunch concert 	29 VFW Cooties Pup Tent 11 - Dog Races 2 pm
30 Ice Cream Social 2pm 						



Resident Birthdays

Henry M Buretz 11/01/1928 79
 Ronnie D Flatten 11/03/1946 61
 Margareta A Haywood 11/04/1923 84
 Flynn C Kelly 11/05/1929 78
 Walter A Meyer 11/05/1930 77
 Norman H Brummond 11/08/1917 90
 Patrick J Hildebrand 11/09/1925 82
 Victor A Nyberg 11/11/1924 83



Robert P Gremmel 11/12/1937 70
 Robert J Biship 11/14/1941 66
 Larry G Paige 11/15/1946 61
 Michael R Peed 11/15/1947 60
 Leland W Roach 11/21/1916 91
 Paul T McDonald 11/22/1947 60
 Charles A Barkley 11/24/1916 91
 Francis McDonald 11/26/1935 72
 Deborah Stripling 11/30/1955 52

Taps

The Arizona State Veteran Home extends its deepest condolences to the loved ones of the following residents who recently passed on. Their contributions to our Country will never be forgotten. Their smiles, strength and fortitude will live within us as precious memories. God Bless.

Augustus Scott
 Arnette Newton
 Earl Mitchell
 James Rothleutner



Wish List

Please make checks payable to the Veterans Donation Fund with a note stating and mail to: Arizona State Veteran Home, Attn: Leslie Goin, 4141 N. 3rd Street, Phoenix, AZ 85012.

2 Cases of bottled water

EZ Pop Up Shade Canopy

\$60.00 for RF Converter Cords for residents to play DVD's

\$120.00 for resident refreshments at NASCAR Truck Races

\$150.00 (approximately for

\$300.00 Belly Dance Troupe Performance

Fast Food Meals – Choose the number of residents you want to sponsor at \$5.00 per meal so they may enjoy a fast food treat

Thank You to the following that sponsored our requests from last month's wish list:

The Hopf Family for sponsoring the non-alcoholic beer at our Octoberfest

The Daughters of Union Veterans of the Civil War for sponsoring 10 Fast Food Meals.

Wounded Warriors for sponsoring the Belly Dance Troupe



VFW Employee of the Year



Almeta Rogers has been a loyal Certified Nursing Assistant at the Arizona State Veteran Home for the past seven and 1/2 years. The Veterans, their family members and the staff at the home all acknowledge the high quality of care she provides to the residents. Ms. Rogers works on a specialty unit that provides care to veterans who have Alzheimers Disease or other Dementias. She is noted for her compassion and patience. Almeta has instituted a unique way of getting the Veterans ready for their day. It is common for people with Alzheimer's Disease to shy away from meeting their needs for personal hygiene. Almeta recognizes this trait so each morning she comes in with a cart of grooming supplies similar to what you might see in a barber's shop.

She gives them her big smile and acts as if she is their personal barber here to get them ready for their day. Instead of the typical reaction of "shooing" the nursing assistants away, they welcome Almeta with open arms for their daily pampering session. If a resident has used a special brand of aftershave lotion for years, and we don't stock it at the nursing home, Almeta is known to purchase the supplies with her own money just to be able to provide that extra TLC to the Veterans.

The family members frequently comment on Almeta's "special gift" when they notice the rapport she has developed with their loved ones. Her superior's appreciate the wisdom she demonstrates when working with a challenging situation and her peers are grateful for her dedication and sense of team work. When someone needs to stay over to help for a few extra hours, Almeta is the first one to offer assistance. She is very dedicated to serving the Veterans and takes her role seriously. The Arizona State Veteran Home appreciates Almeta for her creativity, dedication and compassion. We thank the VFW for allowing us this opportunity to honor Almeta Rogers publicly for her outstanding contributions to the Arizona State Veteran Home.

VFW Volunteer of the Year:



Tom Gardner has been a volunteer with the Arizona State Veteran Home for the past two years. In that amount of time he has already volunteered over 1,800 hours. Tom's life exemplifies a person who has dedicated his life to serving others. He served our country in the US Army and now in his retirement he serves Veterans as a volunteer at the Arizona State Veteran Home and at the Carl T. Hayden VA Medical Center. Tom pours his heart and soul into the Arizona State Veteran Home. Tom was born in Detroit and moved to California as a child. He enlisted in the Army and served from 1959 through 1965. He served in the infantry, artillery and the engineers. He attended college in California at Mt. San Antonio and received his degree in business administration. Once out of active duty, he worked for the phone company for 20 years.

He has been married to his wife Susan since 1979 and has one daughter Shelly who lives in Peoria with 4 of his grandchildren. After Tom retired, he worked as a Communications Contractor. For the past 6 years Tom has been giving back to our community through volunteerism. Helping others is a big part of Tom's day, as he volunteers 5 days a week. Tom has become a "Jack of All Trades" for the home. He is the main volunteer that runs our gift shop, he helps out the Valet Department by transporting carts and filling in where ever something needs to be done. He also is a Caring Companion. In this role he has adopted a couple veterans who do not receive visitors. He visits with them when in the building and provides special opportunities for them to get out and go to restaurants. In what little free time he has left, Tom is practicing his marksmanship skills. He recently received a Bronze medal in the Senior Olympics in the pistol division. He also takes refuge on his farm in Arkansas where he takes the grand kids out for vacations to fish and play in the outdoors. The Arizona State Veteran Home is pleased to have Tom Gardner as a volunteer and appreciates the VFW for honoring Mr. Gardner's service to the home.



Save A Tree!

If you would like to receive this newsletter by e-mail instead of by regular mail, please let us know. We appreciate everyone's efforts to try and help our environment.

Candy Covarrubiaz

602-351-6879 ccovarrubiaz@azdvs.gov

We Will Miss You!



We want to say good luck to our good friend **Rita Campbell**. She has served the Veterans at our home for over 9 years as part of Social Services. Rita is also the proud recipient of the VFW Employee of The Year Award. We want to thank Rita for the compassion she has towards our residents. She is always a loyal team player willing to step in and help in times of need. Thanks you for your dedicated service.



Au revoir



There are a lot of reasons why we will miss our friend **Abe Chaira**. He was part of our home for over 10 years as our valet services driver. We always enjoyed his great attitude with the staff, always smiling and cracking the occasional joke. He always made outings fun for our residents when he took them out on trips. Abe will be greatly missed by all of us! We hope that everything goes well with his new job.

Welcome To Our Team

Grace Tomlin
Marlesha Tullis
Keon Lowery
Bertha Reynolds
Jeffrey Ryason
Ruben Garcia
Sherry Dunaway

VS Accounting Technologist 11
Food Service Worker
Housekeeping
Food Service Worker 11
Food Service Worker 11
Custodial Worker 11
Nursing Supervisor



Arizona State Veteran Home

Join Us in Honoring All Who Served



VETERANS DAY November 11, 2008

10:00 A.M. Stroll to 7th Street to Watch Parade

10:45 A.M.-12:30 P.M. Arizona Veterans Band

11:30 A.M. SAMS Barbecue

12:30 P.M. – 1:00 P.M. Program at Front Portico

1:00 P.M.-2:00 P.M. The Governor Plays Poker in Liberty Hall with Our Residents

Retirees in the News

2009 COLA for Retired Pay

Each year military retirement pay is adjusted to meet the increased cost of living. This Cost-of-Living-Adjustment (COLA) varies from year to year based on the previous year's Consumer Price Index (CPI).

2009 Update: The 2009 military retired pay cost-of-living adjustment (COLA) will be 5.8%. This increase, which goes into effect on December 1, 2008, also applies to SBP annuities, Social Security checks, and VA disability and survivor benefits. Retirees will see the increase in their January, 2009 checks.

Note: This annual Cost-of-Living-Adjustment is *NOT* in anyway related to the annual military pay raise for active duty and reserve service members. In fact, this years COLA increase is larger than the 2009 military pay raise of 3.9%.

All retirees who retired before January 1, 2008 will receive the **5.8 percent** Cost-of-Living-Adjustment.

Retirees who first became a member of the uniformed services before Sept. 8, 1980 and retired on or after January 1, 2008 will receive the **5.0 percent** Cost-of-Living-Adjustment.

Retirees who first became a member of the uniformed services on or after Sept. 8, 1980, and retired in 2008 will receive a **Partial COLA** on a prorated basis as follows:

- Jan. 1, 2008, and March 31, 2008, will receive 5.0%
- April 1 - June 30, 2008 will receive 3.8%
- July 1 - Sept. 30, 2008 will receive 1.2%
- Those who retired after Oct. 1, 2008, will see no COLA this year.

Retirees who first entered the military after Sept. 8, 1980 and retired before Jan. 1, 2008 will also receive the **5.8 percent** COLA.

Retirees who first became members of the uniformed services on or after Aug. 1, 1986 *and elected to receive a Career Status Bonus at 15 years*, and retired on or before Jan. 1, 2008, will receive an increase of only **4.8 percent**.

Thank You



We would like to give our thanks to a group of wonderful kids. The East Valley Young Marines and the Cooties spent an afternoon with our veterans visiting from room to room bringing candies and sweet smiles for everyone. They shared warm hugs, fleece blankets, and socks with our veterans.



Arizona State Veteran Home

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